

A Worried Moon or Sparrows

by Jon Skillingsstad, Administrator

William Shakespeare once said, "Care keeps his watch in every old man's eye, and where care lodges, sleep will never lie." I don't know about you but when you're north of 50, rousting around at 3:00 AM is nothing unusual. As one moves down the trail of life you find that not only are your days occupied with duties to perform but your nights are also. Sometimes this is due to nature's calls but often times it's due to how today's worries or tomorrow's plans have crept into our thoughts and dreams.

Caring about tomorrow is a mature and loving approach to what we are or will be facing. Our planning for tomorrow is after all the duty of today. To improve today to make a better tomorrow you have to sort through or ruminate on how to do it. For this to be successful it depends on the intensity and duration of the ruminating. If your stomach is a vat of acid all day every day the pendulum has likely swung too far. Sometimes we can't prevent those pendulum swings because of the circumstances life brings us. At times it may feel like we've swallowed a plate full of glass. No one can live there for long so we have to move from there by some action, either by striving to change the diet that is served to us or in some cases by changing the restaurant.

How we deal with any of this is influenced by our thoughts about the future. A poem by Chris Cornell captures some of the desire to divine the future:

*Worried moon,
I'm afraid of what's to come.
Worried moon,
Yeah, tell me what you know.
Worried moon,
You see further down the road,
Worried moon*

More refined steps down this trail are those that desire a benevolent controlling force for our future. This is captured well

by Jennifer Elizabeth:
*"Please...
Whoever you
are, whatever
you are... I
believe in you
even though I
don't completely
understand you. I
feel you around me even though I can't exactly
describe what I'm feeling. Sometimes
things happen to me and I know that you're
there and I'm humbled by the lack of coincidence
that exists in the world. Whatever
you want from me, it's yours — just please
help me."*

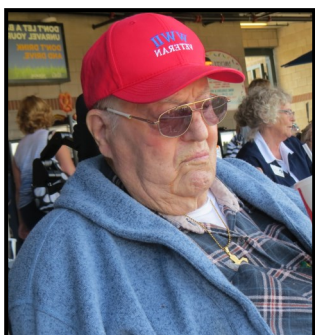


Now many may feel in reaction to this is that surrender to another or an Ultimate other is just that *surrender*—giving up on life and responsibility. That's how this attitude may appear from the outside. But from the inside it's quite another matter. From the inside it's not shifting responsibility it is shifting the anxiety over the results of the responsibility. This is captured by an old fisherman named Peter, "Cast all your anxiety on him because he cares for you." This is a life belief that an Ultimate Other, a Great and Good Ultimate other focuses His care down to small little me. I think, I plan, I strive to do my best to make a better world or better me. If I do that in relationship to the Ultimate Other the results and the anxiety over the results can be given over to this Ultimate Other. As the Lauren Hill song reassures, "His eye is on the sparrow and I know he watches [over] me."

Planning for tomorrow is today's duty. The choices of how we handle this are as varied: endless glass and acid filled stomachs; divining the moon; or giving ourselves, our efforts and our anxiety's to another or Ultimate Other. The choice is ours.

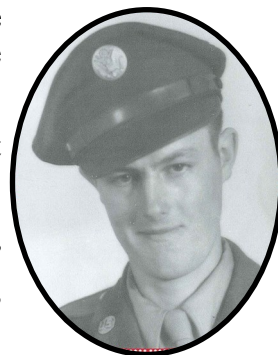
Resident Life.... Alfred “Bud” Anderson

by Andrea Popp, Social Worker



Bud at a recent Red Hawks baseball game in Fargo

Alfred “Bud” Anderson is a 92 year old WWII Army Veteran who has resided at the Minnesota Veterans Home in Fergus Falls since October 30, 2012. He was born on a farm near Kensington, MN, where he was raised with his siblings, including a twin sister. Bud helped out on the family farm until joining the Army on August 14, 1944. He served in Theater in the Asiatic Pacific from April 13 to July 16, 1945. Bud spent six months in the Fitzsimons General Hospital in Denver, CO before he was honorably discharged on December 7, 1945. Bud said, “It took 30 days to get there on a ship and 36 hours to get back on the plane.” His decorations included: the World War II Victory Medal, the American Theater Medal, and the Asiatic Pacific Service Medal. Bud has been a member of the DAV (Disabled American Veterans) since 1948.



Bud worked on the family farm after he returned from the war and married his first wife, Donna Peck, in 1952. He adopted her son and together they had two daughters and one son. After Donna’s death in 1972, he met and married Amelia Rowe in 1975 and lived happily until her death eight years ago. Bud was a “Jack of All Trades” having done a variety of work throughout his lifetime. He worked for the Fergus Falls Water Plant, the City of Fergus Falls, and Medallion Kitchens, to name a few.

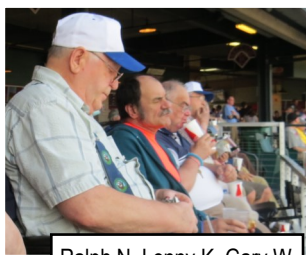
***“I can’t complain.
Life has been
good to me.”***

Bud is a very crafty man with several ongoing projects at the Veterans Home. He enjoys making necklaces, bracelets, and other jewelry, along with wallets, woodwork, and painting. Bud’s daily volunteer work includes the delivery of resident mail. He enjoys music and is a member of the Choir. Recently, he graciously donated funds for the Choir Members’ shirts. Bud enjoys reading and has a strong

Christian faith. He has read the BIBLE several times in his life and continues to be devout to his religion. When asked about his life Bud said, “I can’t complain. Life has been good to me.” A true quote of an American Veteran who continues to serve his fellow soldiers and community. We salute you, Bud!

Red Hawks Game Special....

Veterans and spouses have cheered on and enjoyed going to RedHawks baseball games each year for the past 19 years...



Ralph N, Lonny K, Gary W



Marilyn & Paul W. A.



Ernie M. & Rodney L.



Jim C. and Paul P. (and other veterans) had their pictures taken with Lisa Budeau and Kristi Larson of KVLV News 11



Ann H. and Alice M.



Tom Willett.....One of a kind!

by Deanna Mounts, Development and Volunteer Coordina-

Tom is a volunteer at the MN Veterans Home and yes, he is one of a kind. He has a positive attitude, is kind, generous and always willing to help! Brad Anderson, from the Recreation Dept. says: "If you call, he will come!" Tom is only a phone call away. Tom comes equipped with a smile and eagerness surpassed by none!"



Mark K. thanks Tom for his volunteering at Ely



Tom assists Alice M. with bowling

Tom has assisted with fishing, meal outings, baseball games, shopping, friendly visits, bus rides, bowling, special events and the list goes on. In June, Tom assisted residents with a week of fishing at Veterans on The Lake in Ely, MN. Tom has helped with this fishing trip for several years. Residents at the MN Veterans Home have a great appreciation for Tom. They benefit from his kind and helpful ways to his genuine care, concern and appreciation of Veterans.

Tom served in the Navy for 4 years. While in the Navy he served overseas for approximately 3½ years. He worked on the ship in the engine room. It was hot, confining, and a tough type of work, but he endured. After the Navy, he served for another 23 years in the Navy Reserves.

MVH-FF
Salutes
Tom Willett!

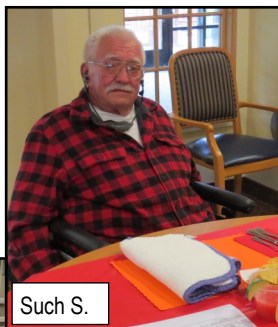
Tom and his wife Jane moved to Fergus Falls in 1972. Tom was a machine and welding teacher in the vocational building at the Fergus Falls High School. Tom and Jane have two children, Tom Jr. and Terry Gervais. Tom may have had some influence on Terry as she recently became a volunteer at the MN Veterans Home. (Thanks Tom and Terry!) Tom is very proud of his four grandchildren and four great grandchildren. He loves spending time with them.



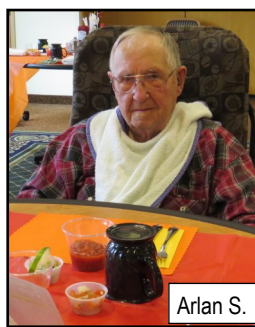
Tom helps Roy J. with a game at MVH-FF Fair Days

Recently Tom had a stroke and is currently at the Broen Home in the Rehab Unit. We are counting on his faith, his strength, and his positive attitude to assist him on the path to recovery.

Tom truly is ONE OF A KIND! He has given so much to so many different people. Now it's our turn to give back. Please send him cards and letters, consider a visit to the Broen Home, and keep him in your prayers. Together let's support him as he has done for us!



Such S.



Arlan S.



Josh K.-FSW & Clint N.



Emily K.-FSW



Heather H.-FSW

Bienvenidos a la fiesta Mexicana....

Welcome to our Mexican Fiesta Residents were treated to a festive 4-course Mexican dinner ... Chips & Salsa, Guacamole, Pico De Gallo, Queso Dip, Taco Soup, Chicken & Beef Tacos with Spanish Rice & Refried Beans. This was followed by Fried Ice Cream & Churros.



It's Karaoke Time



Music by The Lee's

Doc S

Ken S.

Buddy

Deanna

Dick N.

Lindy & Ann H.

Dick H.

Don W.

CHAPLAIN'S CORNER

by Paul Hohncke, Chaplain

Is summer over already? Can't be!

It is hard to believe that we are getting close to the end of another season. I am not talking about construction season, for that seems to go on forever, at least through spring, summer and fall.

No, the season that is sad to say good-bye to is... summer. Seems like yesterday we were hoping for warmer weather, green grass and leaves on the trees. Now we start to think about how it will start to get cooler and the grass and trees start to hibernate for the winter.

These change of seasons remind us of how our seasons of life change too. As we experience these changes, we may look back to when we were in a different season of life, a different age. Those memories remind us of some good times and not so good times. But no matter how things went, we could always look to God for our comfort and security, knowing that He will never forsake us or leave us.

We are reminded of the sacrifices that many of you Veterans have gone through to keep our memories special. It is not unusual for us to forget that some can't enjoy the simple things in life that we take for granted, just because they are experiencing the results of that sacrifice.

We are also reminded of those who have gone on before us here at the Minnesota Veterans Home, and how we miss them. We are encouraged and hopeful we will see them again through Jesus Christ our Lord and Savior.

So let us, as we are reminded of the change of seasons, take some time to remember and thank those who have given up their livelihood to keep us safe. May we forever be thankful for those who have given us so much, more than we can ever repay.

"I thank my God every time I remember you" (Philippians 1:3)

And may we remember to thank and honor the one who gave us the ultimate sacrifice, which freed us from our sin and guilt. By Jesus dying on the cross for us and being separated from God our Father so that we won't have to be.

"This my body, which is for you; do this in remembrance of me" (1 Corinthians 11:24)

May God bless you!

Chaplain Paul

WE REMEMBER

Grace Pederson
Isadore Lorentz
Martin Thiede
Lenore Johnson
Jerry Tvrdik
Morris Nystrom
Harold Beishline
Lawrence Kill
Victor Weckworth
Donna Mae Frendin
William Loch

Veterans Village Activity Recap

by Robin Greff, Program Coordinator



Village residents enjoy Karaoke time with Kristy H., LPN. Singing on the mic is Dick H.



Mary & Richard D.



Joe & Betty R.



Yvonne & Glenn R.



Duke M.

Group picture after an afternoon of fishing.
(L-R) Bob W., Vol. Alyssa B., Dick H., Charles G., Vol. Mike L., Joe & Betty R.



Warren L.



Deanna McP.



Dick H.



John H.



UPCOMING EVENTS

SEPTEMBER

- 5 Labor Day
- 6 September Birthday Party
- 7 Rothsay Am Legion Aux Bingo
- 9 Dalton Threshermans
- 9 Music—JL Crew
- 13 Music—aChord
- 14 Music—Chuck Fox
- 16 FF Otter Football Game
- 17 Boots On The Ground Bike Run/
Fund Raiser
- 21 Bagley Am Legion Auxiliary Bingo
- 20 Resident Council
- 20 Music—On The Mend
- 22 Wes Binner presents Presidents
who were Actors or in the Military
- 23 Music—Friends of Al Siegle
- 29 Music—Bob and Friends
- 30 Fair Days
- 30 Music—Happy Hour & The Lee's

OCTOBER

- 3 Military Round Table
- 4 October Birthday Party
- 6 Dent American Legion Bingo
- 8 Music—Kroshus & Crew
- 10 Alexandria VFW Auxiliary Bingo
- 13 Kiwanis—Perham Bingo
- 14 FF Otter Football Team Visit
- 18 Music—On The Mend
- 18 Resident Council
- 19 Dept of MN Am Legion Aux Bingo
- 20 Fergus Falls VFW Aux Bingo
- 20 Music—Red River Valley
Veterans Concert Band
- 21 Music—Julie Lee/White Rose Band
- 24 Music—Steve Samek
- 27 Music—Bob & Friends
- 29 Patriot Guard Bingo
- 31 Pelican Rapids VFW Aux Bingo
- 31 Halloween

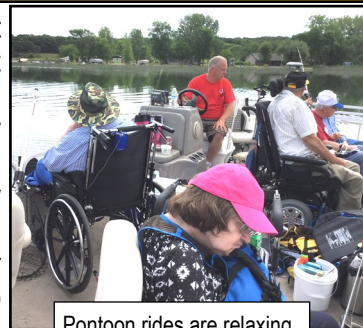
NOVEMBER

- 1 November Birthday Party
- 3 Music—Roger Lee
- 3 Dent American Legion Bingo
- 7 Military Round Table
- 10 Kiwanis — Perham Bingo
- 11 Veterans Day
- 14 Alexandria VFW Auxiliary Bingo
- 15 Resident Council
- 16 Dept of MN Am Legion Aux Bingo
- 17 FF VFW Auxiliary Bingo
- 24 Thanksgiving Day
- 28 Pelican Rapids VFW Aux Bingo

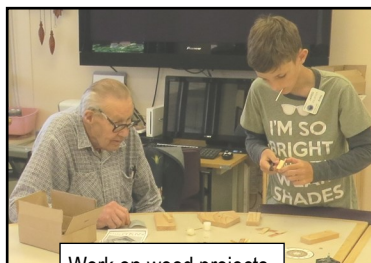
At Your Leisure: What Else Is There To Do?

by Mark Kitzman, Recreation Coordinator

The Minnesota Veterans Home in Fergus Falls has a great variety of recreation and leisure time activities that help meet the needs of all of the Veterans and their spouses who live here. We are blessed with tremendous support from many volunteers and service organizations who pitch in their time, talent, and treasures to help us get this done. Our monthly activities calendar is packed with opportunities from chapel services and bible studies all the way to fishing trips and deer hunting and even an outing to watch the Mashed Potato Wrestling at the Barnesville Potato Days. Our activities are varied and change with the season and as the people residing here change. Activities are scheduled from our 7:30 am breakfast outings until 11 PM when we return from the stock car races, we even do overnights with our Ely and Lake Superior Fishing Trips and Deer Hunting at Camp Ripley!



Pontoon rides are relaxing



Work on wood projects

But what else is there to do in your leisure time when there is not a scheduled activity and/or you don't want to be a part of an organized group activity? We have a beautiful library stocked with a nice variety of books that get rotated regularly with our supply of other donated books. There is a resident computer available for anyone interested along with free wireless internet. Also accessible is a pool table and a dart board that can be played alone or with a friend. Woodworking/Leatherworking projects are available thru the Recreation Department that can help pass the time—most at no cost to the Veteran.

Our courtyards are a beautiful place to sit and enjoy the outdoors, filled with lots of greenery and 40+ tomato plants at this time. Gardening is another leisure time activity that many of our Veterans and spouses enjoy, two of them even have their own private miniature greenhouses.

If you enjoy a nice leisurely walk you can circle the facility and take a walk around the "Walk of Honor" which includes the Memorial Wall, Gazebo, and the Obelisk. Many of our Veterans with motorized scooters enjoy motoring around the beautiful grounds of MVH-FF and the Fergus Falls Regional Treatment Center.



Play Bingo during your leisure time

If you are looking for a nice quiet place to visit with a friend or family member we have many of those. At each end of the hallway on the East and West units are our Vestibules—the Washington D.C. Room, the Hawaiian Room, the Minnesota Room, and the soon to be finished Dakota Room. We also have the Breezeway, the Gazebo—a beautiful outside sheltered area with a grill and refrigerator, the Family Inn, Family Kitchen, General Store, Multi-Purpose Room, Recreation Room, and the front lobby area. If you are interested in reserving one of these areas please contact the front office.



Breakfast at the Big Chief or the Family Diner is a great morning activity

And finally, for those who enjoy just watching a little TV, each resident has cable TV in their room and there are several large screen TV's in the facility with access to 93 different channels.

So, if you're looking for something to do, check out the monthly activities calendar or just relax and enjoy life at your leisure!

YOU ARE NOT FOTGOTTEN — POW/MIA Day Sept 16

by Deanna Mounts, Development and Volunteer Coordinator



Freedom has different meanings to different people. A poster for POW/MIA Day says it best: "Freedom Has a Flavor the Protected Shall Never Know." Talk to a POW or read about POW'S and you will see a different view of freedom. Most of us, (thankfully) have no idea what REAL FREEDOM is all about. As a matter of fact, many people take their freedom for granted. We shouldn't! POW'S would tell you to treasure it.

The true story of James N. Rowe (Five Years to Freedom) is truly a way to understand the life of a POW. Green Beret Lieutenant James Rowe was captured in 1963 in Vietnam. In a POW camp he endured beri-beri, dysentery, and tropical fungus diseases. He suffered grueling physical and psychological torture. He watched friends die. He suffered in ways we cannot imagine.

After five years, James was rescued from the forest of darkness. From the rescue chopper he could see the horizon and the world seemed immense. He thought about all of the times he wished he was in the aircraft flying overhead. High above the mud, the mosquitos and leeches, flying FREE above the confines of trees. He prayed, "Oh Lord, please don't let this be a dream." It wasn't a dream, James was finally FREE!

There are still 1,741 American personnel listed by the Defense Department's POW/MIA Office as missing and unaccounted for from the Vietnam War. 90% of the missing people were lost in Vietnam or areas of Laos and Cambodia under Vietnam's wartime control.

The National League of Families' POW/MIA flag symbolizes the United States resolve to never forget POW's or those who are still missing. The flag features the motto "YOU ARE NOT FOTGOTTEN."

WELCOME NEW RESIDENTS

Ann Harris
Pat Hardyman
Carlton Anderson
Willard Dunn
Geraldine Kolle
Gloria Eggen
Lawrence Kill

Dennis James
Wayne Sorenson
Alvin Elless
Noble Hatling
James Draack
Clifford Ouren

National POW/MIA day is the third Friday in September. This year it will fall on September 16th. Please join us and many other Americans as WE REMEMBER all POW's and MIA's. Keep them in your thoughts and prayers. We owe it to them. They are truly American Heroes.

Freedom certainly does take on a different meaning when we think about POW's and MIA's. We have been protected. For that, we **THANK ALL WHO HAVE SERVED.**



HAPPY BIRTHDAY



- 5 Robert Montgomery
7 Rodney Leaf
8 Paul Ceynowa
9 Carlton Anderson
16 Merville Knodle
19 Kenneth Sather



- 1 Henry Bontjes
7 James Cox
9 Lyle Stanbra
11 Robert Stengrim
16 Astor Holte
24 Joseph Richards
25 Al Broyles
27 Richard Driscoll
31 Paul W. Anderson
31 Deming Krueger



- 1 Geraldine Kolle
4 Kirk McDonald
5 Deanna McPheron
5 James Larson
10 Allen Larson
10 Edna Davis
10 Robert Robinson
14 Arlo Wobschall
17 Warren Lindgren
20 Ellsworth Tangen
24 Arlan Scramstad
25 Charles Harris
29 Claudia Rode
30 Ruben Runningen

The Main Street Chronicle

The Minnesota Veterans Home
1821 North Park Street
Fergus Falls, MN 56537



Upcoming Events:




Fair Days MVH-FF
Friday, Sept. 30th
2:00pm—3:30pm
FAIR FOOD & FAIR GAMES!!!
Fun for all!





Volunteers are needed at MVH
Show your Patriotism!
Volunteers are needed for:
Walks, Outings, Bingo, and Special events.
Spread the word! Invite your friends!
Working with Veterans is a privilege and honor!



**Boots On The Ground
Motorcycle Fun Run**
(Brought to you by the
Friends of MVH-FF)

Saturday, September 17, 2016

*Proceeds from the Fun Run will go
to the MN Veterans Home-FF
Recreation Fund!*

In memory of or to honor a
Veteran, buy a Dog Tag for \$20.00

Call Craig Farmer @ 701-371-5870 or
Darcy Soland @ 218-731-8246 or
Visit Facebook: *Boots on the Ground*
www.bootsonthegrounddevetsrun.org